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PATLAR GAZETTE

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 Sacramento, CA

VOICE OF THE GAY WEST

VOL. 1  NO. 1

JULY 20, 1982

RENO GAY RODEO

Gay cowboys and cowgirls from throughout the U.S. and Canada will compete for \$14,000 in prizes when gays from all over congregate for a weekend of country fun July 30, 31, and August 1 at the Reno Gay Rodeo.

In addition to the classic events--Bull, Bronco, and cow riding, calf roping, bulldogging, team roping, and barrel racing--there will be events that anyone with a sense of humor can enjoy. Have you ever decorated a steer with boxer shorts? Perhaps you've milked a wild cow? You've seen these events at straight rodeos, but not like this--to milk the cow, it takes one man, one woman, and one drag.

GAY PLAGUE INCREASING

Two diseases that are increasingly being found in apparently well gay males are raising concern in the medical profession. Men who have a high number of same-gender sexual contacts and persons who administer drugs into their bodies using needles are most likely to be victims.

One of the diseases is Kaposi's Sarcoma which causes leg tumors. Another disease is pneumocystis-carnii pneumonia. Both have high mortality rates.

These diseases are not new. However, they are increasingly appearing in younger gay men. The reasons are not known. Reasons could include a new virus or some other factor not yet identified.

Rodeos are the main events on Saturday and Sunday afternoons, but by no means the only events. Friday evening, the first 6,000 people will feast on barbequed steaks before the Barn Dance, where Mr. and Ms. Gay Rodeo will be crowned.

Saturday will see the square dance and clogging exhibitions, with Sacramento represented by the Capitol City Squares. (Next year, the exhibitions are due to develop into a national championship.) Joan Rivers and Rose Maddox

The incidence of the diseases first increased among men in the gay community. Now straight men as well as women are increasingly involved. The dramatic increase in the diseases is not merely attributable to the better reporting of cases. There has been a 50 percent increase of cases reported in the last three months to the Center for Disease Control in Atlanta. Since 1981 there have been 413 cases reported. A spokesperson at the Center stated that four out of 10 victim die. The diseases are expected to increase.

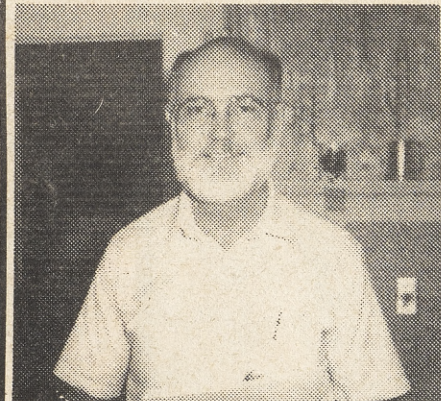


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WESTON APPOINTED EDITOR



The publishers of the PATLAR GAZETTE have appointed Jolliff Weston to the post of Editor.

Mr. Weston brings outstanding credentials to his new post, including 30 years experience as a university professor.

The new Editor is a professional writer with a number of articles in national professional journals to his credit. He holds a doctorate from the University of Arizona and has also studied in Mexico and France.

Mr. Weston has lived in Sacramento for the last 14 years. He is a native of Arizona and lived in Texas before moving to California.

are to be the Grand Marshals. That night, Teresa Truell, Robin Flower, and Beth Scalet will headline an "Evening of Women" concert, while Portland Rose will do a special show at the Sands Hotel.

Sunday morning, the Western Electric Band will be shaking them up on the Midway. That night, the dance will be "Just Country," featuring Sharon McKnight, Rose Maddox, the Western Electric Band, the Foggy City Squares (San Francisco), and the Montrose County Cloggers (Houston). All in all, 48 hours of live entertainment are planned for the three days.

Attendance promises to at least equal last year's 20,000. At press time, the Rodeo's organizer, Phil Ragsdale, had just received confirmation of charter flights from Sweden and Switzerland. The BBC, French, and Italian television and at least one cable TV company plan to cover the events.

Admission runs about \$20 for the three days. Separate admissions are available for individual events. Call 1-702-348-7942 for details.

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EDITORIAL

This is the first issue of the PATLAR GAZETTE. We would like to introduce ourselves. This paper is a division of PATLAR ENTERPRISES, a gay-owned Sacramento-based firm which is service oriented to the gay community. (Man Two Man, which is a forum for men to meet and form same-gender associations and relationships, is also operated by PATLAR ENTERPRISES. In the near future, a comparable service will be provided for lesbians and will be called, tentatively, Woman Two Woman.)

The PATLAR GAZETTE will be published initially on a monthly basis and will focus on 10 counties: Contra Costa, Napa, Solano, Yolo, Sacramento, Placer, Nevada, El Dorado, San Joaquin, and Stanislaus. We regard this greater-valley area as a common marketing

area. We believe there is an interest among our readers, both women and men, to know what is happening in this area and that our advertisers want to reach these gay residents.

We want the gay women and men of this greater-valley area to regard this paper as one of their resources. It is essential that the gay community have means of communication to identify and elevate issues for reflection and appropriate action.

An example why this is necessary is demonstrated by a recent experience of the PATLAR GAZETTE staff. In establishing distribution points and generating advertising sales, our representatives approached a large food market chain. We inquired about their interest in buying advertising space and requested permission to distribute copies of our paper on their premises in the downtown area. Our staff was advised that there was no interest in purchasing advertising at this time and permission to place the paper on their premises was denied. Many customers in that facility are gay. Although the store is not reluctant to consume gay dollars, it is not willing to provide support to the gay community. We must develop our own support systems.

Gay newspapers are the foundation which permit the construction of support systems. We request your help.

First, we need writers and contributors upon whom we can depend for material providing information about what is happening in the various communities served by this paper. Second, we need support from our readers for our advertisers. This paper is possible because of the revenue generated from the sale of advertising space. We encourage our readers to purchase from our advertisers and to comment that you saw their ads in this publication.

The staff of the PATLAR GAZETTE is happy to join the distinguished company of other gay publications in Northern California. In particular, this includes Mom...Guess What, The Sacramento Star, and the Rambler. They have served the gay community well and established a worthy standard.

ASK

UNCLE

JAY

There are millions of things that are "trouble." Trouble comes in many forms. It can be personal, social, physical, or mental. For example, one can have PERSONAL trouble by being harrassed or jilted by someone. SOCIAL trouble may come about by difficulty in relating to a group, such as a group of fellow employees. PHYSICAL trouble may be related to long-term illness, acne for instance. MENTAL trouble could be the recalling of old traumas by current situations, or an imagined or real nervous problem.

RELIGION

By P. Trisler

Religion and homosexuality: Two traditionally mutually exclusive aspects that cause feelings of confusion and rejection in the lives of many gays and lesbians, particularly for those who grew up in a very religious atmosphere. But over the last 10 years or so, many organizations have sprung up to minister to the needs of the lesbian and gay community: Metropolitan Community Church, Dignity/International (Catholic), Integrity (Episcopal), S.D.A. Kinship (Seventh Day Adventist), Congregation Sha'ar Zahav (Jewish), and many others. Most have at least tacit approval of their parent churches, some are totally ignored by them. Yet they continue to exist and flourish.

All these organizations were founded on the premise that lesbians and gays can express themselves religiously and sexually in a manner that is consistent with the teachings of their respective churches. They work toward a feeling of fellowship and toward spiritual development. They also work for a development and evolution through social and legal reform. Theirs is an uphill battle.

It shall be the purpose of this column to report to you monthly the news of these religious organizations, to let you know what they are doing and how you can get involved. I shall also be reporting news from around the nation generated by the major churches and how they affect the gay and lesbian community and its ministerial organizations. There will be interviews with the leaders in the gay religious community.

So write me, in care of this newspaper, and let me know of services, events, gatherings, etc. so I can get the word out!

Dignity/Sacramento, the local chapter of the gay Catholic organization Dignity/International, hosted their Region IX meeting and convention during the weekend of July 2-4. Delegates and chapter members of 14 chapters and two chapters in formation from all over California and Nevada attended--in all about 60 persons.

Delegates--2 from each chapter--met July 2 at St. Francis Parish Social Hall to discuss regional business matters and to establish goals and projects for the next quarter. July 3 and 4 were devoted to speakers, presentations and workshops. Speakers included Dr. Josette Mondanarro, Gary Miller of California Human Rights Advocates, and several others.

Three awards were given during the course of the convention. Certificates of appreciation were given to Bishop Francis Quinn of the Sacramento Diocese, Evelyn Hooker of the Westside (Los Angeles) chapter, and to Father Larry Tozzio, OFM of the San Francisco chapter for their support and service to Dignity Region IX.

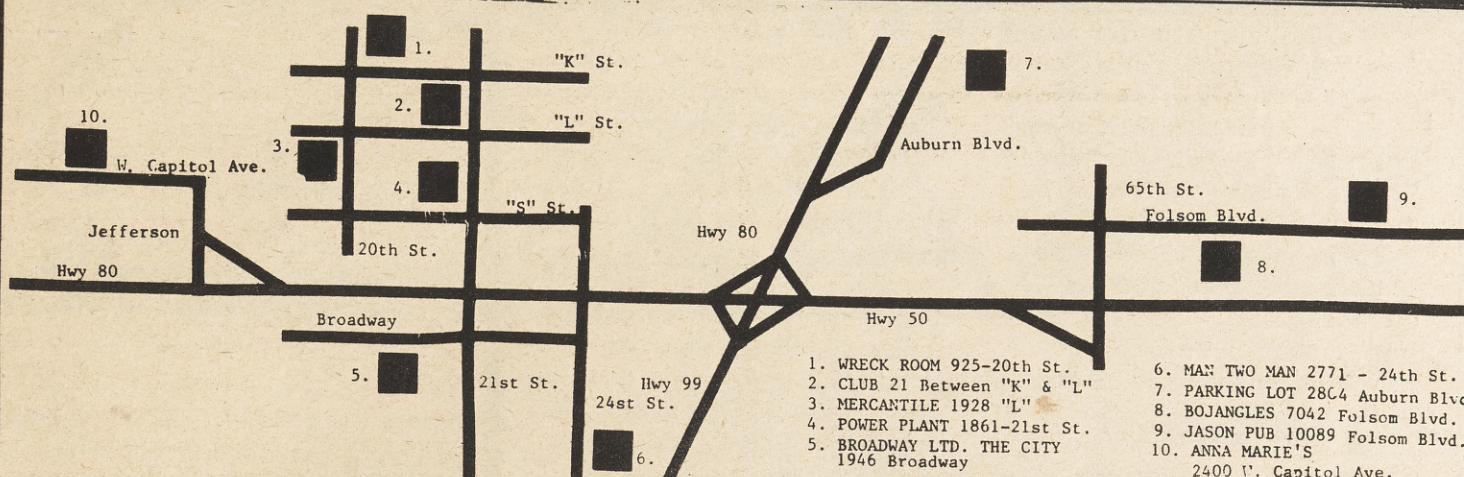
Local television news coverage was provided by reporter Marty Gonzalez of KCRA-TV Channel 3.

Whatever the "trouble," this column will deal with it. The reader need only Ask Uncle Jay. Local experts in each field stand ready to help Uncle Jay with each answer.

Uncle Jay's own training for helping understand the traumas of today includes a degree in psychology at a California university, approximately seven years of professional experience in the field, and many years of personal experience.

For peace of mind, all mail will be treated professionally, in confidence, and at no time will the TRUE name of the correspondent be revealed. Uncle Jay reserves the right to edit correspondence for brevity and for maintenance of confidentiality. Readers may write to Uncle Jay at the PATLAR GAZETTE and letters should be marked "Confidential to Uncle Jay."

CALIFORNIA CROSSROADS



SACRAMENTO

ERNIE BROWN



MAN TWO MAN TALK



A group of Man Two Man members and their friends took a rafting trip on Sunday, July 11, 1982. The men assembled at Sunrise, near Highway 50, rented a raft for the day, and disembarked at about noon.

The weather was perfect for the trip. The temperature was around 100°. Although the flow of the river was not as fast as earlier in the year, it still moved fairly rapidly.

It took nearly 4½ hours to complete the trip, which ended at Watt. The river was packed with the rafts of other persons who were also enjoying the river. The men in the Man Two Man group observed all the sights with keen interest.

Another rafting trip is being planned in August. Information may be obtained by attending Man Two Man social events which are held on every Wednesday. Also, information may be obtained by calling Jim (916) 391-9755.

Aloha! I'm back. It's been a long time since I last talked to you (Data Boy, 1976). Once again you are going to be hearing from me each month. I would like to congratulate The Wreck Room for pulling off one of the greatest July Fourths ever! Your Summerfest was a total success.

A personal thanks to you and your staff for making Sacramento look good in the Gay Day Parades in San Fran and Sacto. Congratulations on winning the prestigious and coveted SF Cable Car Award, a gibby. Makes me proud to be from Sacramento. Paul Pope, we did it again, pulled off another Sacramento softball invitational, a job well done, a beautiful occasion. Hope next year we will be able to have the award ceremonies indoors. I couldn't understand a word that was said. We could have used a microphone or megaphone. By the way, have you all checked out the new room at the Parking Lot? Jack & Doug introduced me to it on the Fourth. It's called THE GOLD NUGGET SALOON and it's a winner, so watch for the grand opening. Sharron McKnight will be returning there soon so watch for that date too. At the Mercantile, Anna and LaKish are both running for Ms. Cowgirl and Jim for Mr. Cowboy of Sacto. All hope to compete in Reno at the Gay Rodeo Festival. John (Club 21), sure glad you and yours had a good time in Mexico. Sorry you got the big M. That goes with the territory. Next time, drink beer!

Speaking of the Club 21, they have this "Monday Night Jackpot Thing" which is catching on beautifully. It starts out with fifty dollars (you must be there to win) but keeps progressing every week by fifty dollars or until someone wins. If it should ever reach 500 dollars, they will continue to draw that particular night until someone does win. So many hunks, so little time. If you're ever hungry on a Tuesday night between seven and nine pm, no sweat because at the Club 21 they're serving an inflation special. And if you are not hungry, you will be when you see the two hunks that serve you! Honey, hush! Congratulations Anna Marie on your opening. I understand you are packing them in on the weekends. Let's all go out there and say HI to Shaun the bartender. Ladies and Gentlemen, hold on to your hats. Frank (Broadway Limited) has done it again. Have you checked out that new Disco Room? Frank, you've out done yourself this time. Go check it out everyone. Mike, sure glad to see you there back behind the bar.

Axel, your Power Plant made a big hit with our out-of-town guests, July Fourth weekend. Some could hardly play ball the next day from so much dancing. Hope you have continued success. I guess everyone knows by now that the Topper Club is "in memoriam," another landmark down the drain. Sad! There will never be another Topper. Billy Buchanan, we miss you. Billy is working at one of our favorite bars in SF, The Nothing Special. Tony (Club 21), welcome aboard. He is the new daytime bartender from SF, a Billy B. exchange, very pleasant to look at. Rachel (Mercantile), sure glad you are recuperating beautifully. I am putting my dark blue suit back in the closet. Tidbits ... Uncle Bob celebrated his, shh, big five-0 at the Woods at Russian River. It was a hoot. Thanks for inviting me, Bob. I had a good time. Frank (Bwy Ltd), we will have to go to Reno again sometime. That was a blast. Bobbette (Merc), LA is calling. All of you who have been asking me, How is Aunt Rose? Well, she is fine and happily married. LaKish (Merc), I hope you are adjusting to Sacto. You sure seem to be. Randy (Merc), let's choose our bed partners verrrry carefully from now on. Luv ya all, Aloha.

MODESTO SCENE

The Stanislaus Gay Alliance (SGA) is a support group for area gays and friends of gays. In June 1982, the Membership Chairperson reported that the 100th person became a dues-paying member of SGA.

For the past several months, SGA has attempted to resolve two issues concerning meetings held regularly on Sunday nights--finding a suitable location and planning meaningful topics. Plans call for holding various activities during the summer months to replace the usual weekly meeting format. The monthly Newcomers' meeting will be continued. In addition, various social/recreational events will be placed such as pot-lucks, softball, and picnics.

Everyone is invited to become involved in all aspects of SGA. In addition to scheduled social activities, people may participate in as many as three major summer programs. These include organizing (1) Spaghetti Mama's annual fund-raising drive, (2) SGA's upcoming dance in September, and (3) the fall SGA program.

The SGA, whose summer schedule is printed below, may be contacted by writing to P.O. Box 5163, Modesto, CA 95352 or by telephoning (209)577-6816.

ON-GOING EVENTS: Sundays: Church services--Metropolitan Community Church, 10:00 am, 800 E. Morris, Auditorium, Modesto; Radio Program on KSAN 95 FM, 6:00 am. PATLAR GAZETTE JULY 20, 1982 PAGE 3

MODESTO

JULY

24--Sat Stanislaus Gay Alliance (SGA) Potluck

AUGUST

15--Sun Auction at Mustang Club. Proceeds to be used for benefit of the court.

16--Mon Court meeting at 7:30 pm. Meeting held at Community Center, 800 E. Morris, Modesto.

21--Sat Spaghetti Mama's annual fund-raising dinner event for the gay community and friends.

Restaurant Guide



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*Ask for a magical essence
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By Logan and Michael

This being our first issue, let us open by saying, "HELLO! and welcome to the PATLAR." From its conception it has been the product of friendship and sweat. The prior being the more important and the latter being a labor of love (lust?). Anyway, THANX for picking us up and please make it a habit.

In keeping with our format of the best, we've chosen dessert as our first topic. Richard Simmons, take a nap, and all you non-calorie counters wake up your tastebuds because that Olde Tyme favorite, ice-cream, is making a wave. You DO want to catch it? The source, Dr. Yum's, of course. THE haven for all adult ices aficionados, Yum's Eye Dream Ice Cream at 21st and "L" streets, downtown, is also considered by those in the know to actually be an eclectic corner coffee house cleverly disguised as an ice-cream parlour.

Aside from the lucious line-up of well over 32 flavors, Yum's also has the most sinful of baked temptations, chocolate cheese-cake. If that's too rich for your taste, just try turning down the chocolate praline bar, or the apple cheese crisp. Date dream bar anyone? Before you catch your breach, picture steaming hot espresso in a gleaming white cup, being served by a person who is not wearing a festively coordinated uniform. Too much to hope for? Not a chance. There's always more. My Guru told me that, but he didn't tell me about Eye Dream. Even he somehow managed to overlook the very full line of exotic (erotic) flavors available in both hot and cold delites. From basic to bold, from mango to mocha, Dr. Yum has forseen it all.

Yes, I heard that: The girl in the hornrims wants to know about lunches. Well if fabulously fresh food at a digestable price is on your menu, Yum's is your place. You know you can have your cake and eat lunch too. Hot and cold running sandwiches ranging from turkey and tuna to sausage and beef, with even an Ortega melt for our non-carnivorous friends. Remember, though, if you want to have sandwiches, please show up before five o'clock, because while saran never sleeps, the salami definitely does. (Sandwiches will be served into the evening hours beginning in August.)

With all this gastronomic gaiety going on, the good Dr. has still done one

up by including plants a plenty and music to munch by in his splendid scenario. No plastic geranuims or KBOR here. Grand greenery and KDVS supply the finest of classics, as well as the techno-funk sounds of tomorrow. For those who didn't know, the future belongs to those who can hear it coming. Are you listening? Take it from me. Dr. Yum's Eye Dream Ice-Cream is THE place to indulge yourself. A myriad of reasons in any and all seasons. Dr. Yum has got what you need, whether you're an old timer or new wave.

In signing off, we give our personal thanks to Karen, Marcus, Laurel, Steve, and the incredible Dr. Yum for their unceasing wonderfulness. MAKE the time to get into this place; afterall, it's the essence which nourishes genius. Be happy. Love on ya. L&M

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The Patlar Gazette will serve gay women and men in the following 10 counties:

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By Ms. Hedda Khabahj, M.A.

It is with pride that we introduce our culinary expert, Ms. Hedda Khabahj, M. A., who each month will present and discuss a recipe of interest to the novice cook. Readers, please bear in mind that all great chefs were novices in the kitchen at one time. Also, Ms. Khabahj invites readers, novices or not, to write her concerning their cooking problems. Beginning next issue, each month she will select one such letter for inclusion and discussion in her column. Letters should be mailed to Ms. Khabahj c/o The Patlar Gazette. Ms. Khabahj reserves the right to edit selected letters for length and appropriate content.

Perhaps the simplest and most versatile of all meals is the "one-pot dinner," or as the more pretentious like to call it, the casserole. Obviously, it keeps cleaning to a minimum. It usually can be prepared ahead of time and warmed just before serving, or taken directly from oven or stove to the table. It can be served in the dish in which it is made, and the leftovers can be frozen and rewarmed with no loss of flavor. In addition, a good casserole recipe can be adapted to suit one's taste or available ingredients.

But first a note on the equipment. Ideally the pot or sauce pan should be able to go from freezer or refrigerator to the stove top, oven or microwave. Actually only one material will do this, and that is Corning Ware. Metal cannot be used in the microwave, and glass poses problems in freezing or in even using it on the stove top. If you don't own one, I suggest buying a good two or 2½-quart bowl with lid.

A Gay Corny Cheesecake

This simple recipe makes an excellent lunch with a salad added or a fine dinner if you add a soup and salad. It can be eaten hot or cold. It can be rewarmed. On a warm summer day, add a cold soup, salad, a nice white wine, and you have a more elegant meal than you would imagine.

Ingredients

- 1 lb raw shrimp or 12 oz. shelled and de-veined shrimp
- 2 TBS butter
- 2½ TBS flour
- ½ tsp. salt
- 1/8 tsp. pepper
- ¾ cup milk
- 3 oz blue cheese
- 1 17-oz can of cream-style corn
- ½ cup thinly sliced celery
- 1 sliced green onion, bulb and stalk included

Start out by making a simple white sauce from the butter and flour. Melt the butter in the sauce pan, add the flour and the salt and pepper and stir thoroughly. Gradually add the milk, stirring all the time to prevent developing lumps. Then crumble in the blue cheese, still stirring, and heat until the mixture thickens and just begins to boil. Add the can of corn, the sliced onion and celery. Keep out a few shrimp for dressing or topping, but add the rest to the mixture. Decorate with the remaining shrimp and place uncovered on a moderately hot oven (375° F) for 30 to 40 minutes. This will serve four.

If you want to expand this, you can serve on a bed of rice. You can double the ingredients except the shrimp, and add a can of tuna instead of the additional shrimp. You can also serve this on wide noodles or try green fettuccine for added color. Do not use a cheese salad dressing. Try herb-spiced or plain venegar and oil. Fresh oven-browned garlic bread goes well with this.

Leftovers can be refrigerated or frozen and reheated in the oven in 15 or 20 minutes from room temperature (a little longer is still cold) or in the microwave in 5 or 6 minutes on high heat.

POET'S CORNER



A RULE OF THUMB by Sevrin Housen

By the time I was born, Father, 38, had already begun to state his conclusions about life in a few convenient rules of thumb--
hold your horses,
no use crying over spilt milk,
don't talk with your mouth full, et cetera.
 These usually surfaced at the dinner table. My own favorite, which you don't hear much anymore, was your tongue is longer than your arm. I've taken this rule of thumb more seriously than any other.



POET'S CORNER

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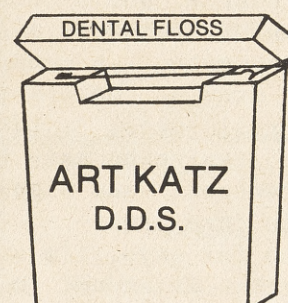
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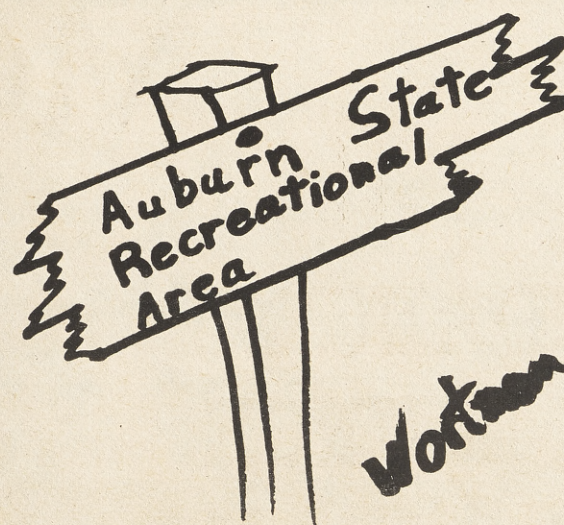
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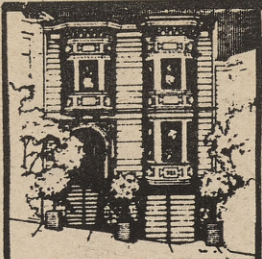
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SIGNS OF THE TIMES



(Overheard at the beach) "Thanks, but you should see it when the water isn't so cold."



REAL ESTATE MART

BUYING OLDER PROPERTIES

By Curt Mackey

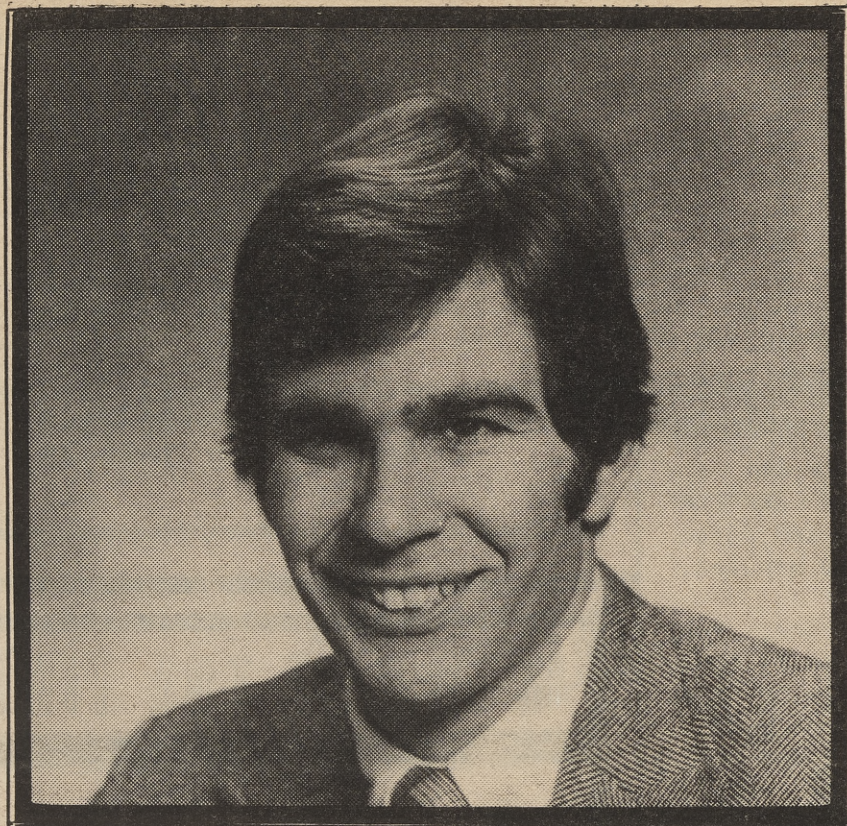
Right off I should tell you that I sell real estate for a living. Like most real estate agents, I've tried other things: radio news reporter, construction supervisor, public relations for a broadcast trade association, waiter, dishwasher, etc. I like selling real estate the best, however, and the money has been great so I hang with it; even in these perilous times when many of my fellow agents are either getting out of the business, hocking their polyesters, or taking large seconds on their income properties. Sure it's tough and it's something of a hustle, but I still am enjoying it.

Over the past five years, I've specialized in selling in the older downtown area of Sacramento. A number of trends have been noticeable in this area: many of the old rental units have been converted to single-family residences; a large number of single people are buying into the area replacing many of the older residents and lowering the mean age downtown; and significantly, there is a growing gay population in the core area.

One of the attractions for gays, I'm sure, is the ambiance of the old neighborhoods with the attendant mixture of people from many backgrounds. Gays fit in comfortably because they are simply another component in an already rich mixture where no one group really stands out. Then there is the cultural attraction. Downtown is alive with many cultural possibilities within walking distance. No need to fire up eight cylinders every time you want to take in a movie or go barhopping. You just walk.

But even more of an important attraction, I've noticed, is that gays seem to really like the old homes and the things that can be done with them. These homes offer rich possibilities for rehabbing or restoring; and if the work is done well, they can be very profitable from an investment standpoint. In five years, I've never seen anyone lose money on a good rehab job. Even schlock jobs have turned out winners for some rehabbers who think that God made wallpaper to hide holes in the plaster.

Older homes also offer enormous opportunities for self-express-



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sion. They have a singular quality to them whether they be Victorians, Federalists, California Bungalows, or Tudors. Your choices of paint colors, furnishings, structural modifications, landscaping, etc. make them even more personal. Try being really creative with a tract house in Rancho Cordova and you will appreciate what can be said about you when you buy and rehab one of these old dowagers.

When they are purchasing an old home for renovation, I caution buyers to be aware of their own limitations in terms of fixing up the property. Persons who can handle only a minor cosmetic job should not purchase a property that needs major structural work unless they are prepared to hire that work out; and then they should know what the costs are going to be. Nothing can be worse than putting a lot of money down to get into a house and then having to wait to do the necessary repairs. Ideally, much of the work should be completed prior to moving into the home. So if you are renting an apartment and buying a home at the same time try to stay in the apartment until the home has been made at least habitable.

Despite the general downturn in the real-estate market over the past few years, there still has been good solid appreciation on properties in Sacramento. Sacramento Board of Realtors' statistics showed a ten percent rate of appreciation last year, while sales were off nearly thirty percent from the previous year. So a home is still an attractive investment; perhaps even more attractive as a result of the seller financing prevalent in today's market. Most seller financing includes interest rates far below the current rate of 16½-17½%.

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***** CLASSIFIED ADVERTISING SECTION *****

TRADING POST



By Martin

Summer is here, vacation time once again. The yards have been soaked, but what happens to the indoor plants, especially if there is no one to plant sit. The following are a few ways to handle absentee-owner pots by yourself.

First, find a bright spot where you can store the plants with no sun. Clear plastic garment bags, the ones you can get from the dry cleaners, can be used to manufacture a kind of terrarium where moisture will be held for long periods. Start by watering the plants thoroughly; allow them to drain but don't saturate the leaves or let water stand in the pots because this may cause root rot. Add three or more small garden sticks (these can be purchased at any nursery outlet) around each pot to support the plastic; for small plants, bent coat hangers will do. Tie a knot in one end of the bag and slip the plant or plants inside. Try to prevent the plastic from pressing against the leaves because this may cause condensation to form on the leaf which may cause decay. Also, give each plant a little room in its enclosure.

If you have large tub plants, then just use the plastic to cover the soil area. Attach masking tape or electricians' tape to one edge all around the top of the container, water thoroughly, do not saturate. Then gather the plastic together at the base of the stems and tape it so that as little air as possible gets to the soil.

PERSONALS

Man wants to meet other men for whatever develops. Traits such as honesty, non-user character, and integrity are essential and are reciprocated. Many interests, including conversation, outdoor activities, antique-hunting, and eating out. Should be a basically non-bar oriented person in lifestyle. If interested, call Jim at (916) 391-9755 or write P.O. Box 22402, Sacramento, CA 95822.

Professional man in early fifties seeks relationship with younger man, preferably a normal weight non-smoker who is into grand opera, eating out, taking French lessons, old-fashioned fun and games, etc. Call Jim at (916) 383-0493

Another method, especially for shorter trips, is to gather your plants and place them in your kitchen sink or in the bathtub; lay clear plastic over the top and tape around the edges. If your kitchen sink or tub does not have adequate light (from a window), then install a strong incandescent light and add a time clock so that the plants get eight hours or so rest. Be careful that the light bulb is at least a couple of feet away from the plastic. The brighter the light the better, 150 to 200 watts. Again make sure that the electrical cord is adequate.

Once the plants are watered, they will wait two to three weeks until your return, provided they receive a good light source. When you return, give the plants a chance to re-enter slowly. Open the plastic but leave the plants inside to ease the shock, at least a day or two. If they need water, add it right away. Check your plants for insect invasion; closeness, high humidity, and moisture will spread "bugs" like wildfire. If one of your plants appears to have developed an insect or disease problem, do not place it with the others because you would be inviting trouble. Have a nice trip...your plants will be waiting for your return.

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HEALTH NOTES

IN SELF-DEFENSE

By Sandy Pomerantz, M.D.
Sexually transmittable diseases (VD, STD) are a problem in any and every sexually active group. This is particularly so in the Gay Male Community. While there is only one sure method of prevention, namely abstinence, there are a few measures which can minimize your contracting a disease.

1) Prior to and after any sexual encounter, wash yourself carefully, particularly at the site of the encounter. In general, plain simple soap and water are quite sufficient. They should not, however, be

used internally, so avoid getting the soapy water inside the urethra, mouth, or rectum. Enemas or douching before or after rectal sex was previously thought to be a preventative measure. It has now clearly been shown that this will do nothing to prevent infection, and in fact, will predispose you to infections. The thought behind this is that the cleansing enema washes away the protecting antibodies that your body makes to help you fight infection; so don't douche! If you use lubricants, the one that is best recommended is one that will not dry. The cheapest and most readily available type of this

RIVER CITY FAMILY

Our River City Family, a Sacramento social group for lesbians and gay men, is now in its third year. The organization was formed in 1980 to provide gay women and men an additional way to meet and socialize. The group has met with unparalleled success; over 1,000 people have participated in its activities since its inception. Monthly potlucks have become the focal point of the Family's activities, but cultural, athletic, and civic events are also sponsored by the group.

Frank Lawler, Director, has announced that the next potluck is scheduled for July 24. It will be held at East Portal Park picnic grounds, Rodeo and M Streets at 2:00 pm.

Those interested in upcoming Family events should call (916) 485-7960.

lubricant is Crisco. Intensive-care lotions, while initially quite lubricating, will dry and are to be avoided.

2) Another measure that can minimize infections, particularly those due to parasites, is to have oral contact and urethral contact before any rectal contact. If there is rectal contact prior to oral contact, this is a sure-fire way of spreading any parasites which may be contained in feces into someone else's gastro-intestinal tract, thereby spreading the parasitic infection. If that order is not followed, washing very carefully will be helpful.

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3) Lastly, remember, not all sexually transmittable diseases cause symptoms. It is extremely important if you have contact with more than one partner that you be screened on a periodic basis for the presence of diseases, particularly gonorrhea and syphilis. An example to show you how this works, 80% of the time that gonorrhea is cultured from the rectum, there are no symptoms of that bug being present, so screening cannot be more highly stressed. Screening can be obtained at any physician's office, in the local VD Clinics, and through the American Foundation for the Prevention of Venereal Disease. Your local physician ought to be able to provide you with the names and locations.



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